

Ottawa Black Mental Health Coalition

QUARTERLY NEWS



March 2, 2026

Ottawa Black Mental Health Week 2026

Coalition Coordination Update Upcoming and Ongoing

New Funding Announcement for Members OBMHC Capacity Building Support

As you know, we have been working to secure funding for the Coalition to expand our capacity building support for member organizations and to try to secure stable funding for staff positions at the Coalition.

Last year the Executive Board approved \$9,000 of our budget to be allocated to support eligible member organizations in accessing communications support, printed materials, grant writing support and more. Organizations identified the following priority areas:

Member Capacity Building Priorities

- Grant Writing
- Strategic communications and social media support
- Promotional Materials
- Governance and Operational Support
- Website updates and maintenance

In December, OBMHC Coordination staff met with City representatives I am delighted to announce we secured an additional **one-time funding in 2026 of \$80,000** to support capacity building. These funds will be used to extend existing contracts and expand our offerings to members of social media support, grant writing, the Community of Practice training coordination, print promotions for outreach and to contract for 3 days a week admin support from February to December 2026.

In this newsletter you can expect:

Coalition
Coordination
Update

Advocacy and
Systems Change

Mental Health
Awareness

Mental Health
Supports

Community
Engagement
Events

Mental Health
and Substance
Use Health
Resources

Coalition Coordination Update

Upcoming and Ongoing

Black Mental Health Week 2026 Planning

Visit the new [Black Mental Health Week website](#), for all the details.

BMHW 2026 will feature:

- one-on-one peer and navigation support in our Quieter Connections space
- dedicated prayer space for participants observing Ramadan
- over 30 community partner booths at the Connecting Caregivers Expo
- workshops for clinicians, including anti-stigma training co-presented by OBMHC and CAPSA
- special guests include Sarah Onyango, Mayor Sutcliffe, Councilor King, and more
- special performances by Kahmaria Pingue, Abena Green and Featured Artist, N'nerjie

Find out more about this and all the activities of the Coalition at our newly launched website www.obmhc.ca.

Ways to participate in BMHW 2026

There are several ways you can get involved. Click the links below for more details and to register:

- **Volunteer on March 2nd** with OBMHC supporting transportation coordination for clients, assisting registration and activities. Register to be a volunteer [HERE](#).
- **Run a booth** at the [Connecting Caregivers Community Expo](#), share your program materials with the public and network.
- **Register to attend** March 2nd and receive all the [updates and information](#) about the other community events happening all week long.

Did you know:

In a [study led by Dr. Jude Cenat](#) at the University of Ottawa, findings showed that 14.8% of participants reported using any substance in the past 12 months.

According to data compiled by Ottawa Public Health:

Suicide is the leading cause of death among youth and young adults (15–34) in Canada. In Ottawa, the highest number of suicides are in the 45–64 age group.

One in four Ottawa residents (24%) wanted to talk to someone about their mental health and did not know who to reach out to for support.



Host an event during BMHW 2026

If you plan to host an event for BMHW, please make sure to send your PNG poster, description and registration links to mjames@swchc.on.ca and we will include it on the website!

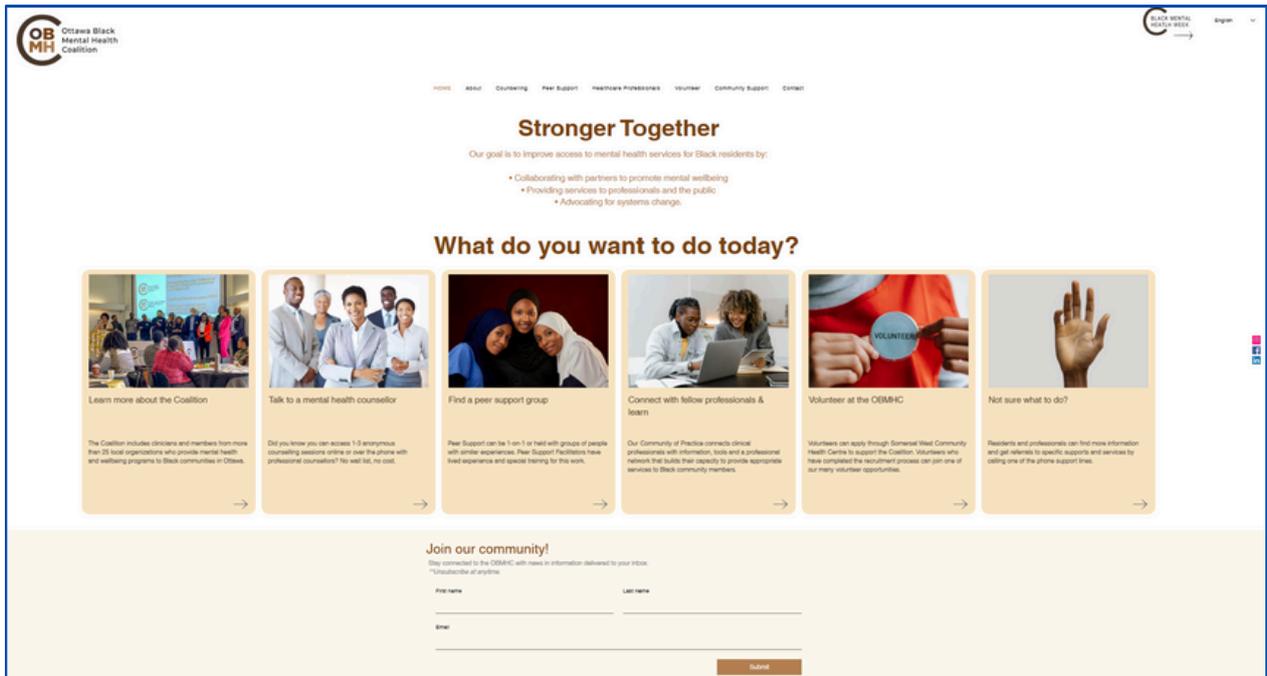
Register to attend, volunteer, or host a booth at the Expo!
Download all the details [HERE](#)

Coalition Coordination Update

Upcoming and Ongoing

Two NEW OBMHC Websites Launched

You can connect with OBMHC information and services online, on the newly launched [Coalition website](#). This website allows users to access more of the tools they want. Now you can find the latest newsletters and member documents, counselling support, peer support, system navigation support, volunteer opportunities and more in one, easy to navigate site. Special thanks to Rommel Santos at WebWorks and Mahmoud Ibrahim for bringing our vision to digital life!



You can connect with the team via email at ottawabmhcoalition@gmail.com or by contacting OBMHC Coordinator, Michelle James at mjames@swchc.on.ca.



Michelle James
Coalition Coordinator



Basant Mohamed
Community of Practice Coordinator



Catherine Yorgoro
Grants and Writing Support



Ro Nwosu
Administrative Support



Mahmoud Ibrahim
Website Management



Fatima Baasher
Social Media Engagement

Advocacy and Systems Change Working Group Update

The Advocacy and Systems Change (ASC) working group operates to advance the work of member organizations and the initiatives of the Coalition. Members of the working group include individuals from a variety of professional and personal backgrounds working together to champion and impact change for systems change in mental health, health and social services that address inequities and improve outcomes for Black residents.

Updates

[Ottawa Guiding Council on Mental Health and Addictions](#)

OBMHC continues to advocate for a “no wrong door” approach to mental health and substance-use health crisis response. This includes informing training and providing feedback to first responders from police and paramedics as well as advocating for residents across the city, and especially those who want or need an alternative to traditional 9-1-1 services. After a successful first year of the [ANCHOR](#) program in Centretown, this initiative continues to evolve and the City has now committed an additional \$700,000 to expand services into another neighborhood. The Guiding Council has met several times in recent weeks and is in the process of providing recommendations to City Council as to the expansion.

[Roots of Care : Caregiver Resources](#)

As part of the work of the Guiding Council, OBMHC representatives collaborated to develop the caregiver resources that were launched late last year at City Hall. Community consultations identified the critical role that caregivers play in the lives of residents who face mental health and substance-use health challenges. Resources for both caregivers and their loved ones may be difficult to find or navigate. Now residents and agency staff can tap into a quick one-page document, available in English, French, Somali, and Arabic.

During the half-day event, Somali Centre for Family Services profiled their Wanaag Project as an example of community-based social programs that are preventative and promote wellbeing in the community. For more information on the Wanaag Project contact program coordinator Amal Othman a.othman@sdfsottawa.org or visit the booth at the community expo at Black Mental Health Week.



Culturally Sensitive Care

Our services are designed by and for the Somali community, embracing holistic healing rooted in faith, family, and culture. Our Somali therapists provide mental health support that honors cultural values and beliefs.

Get In Touch With Us!

We welcome Somali youth who are looking for support with mental health challenges. To register for individual or group counselling, or to attend a wellness workshop, simply contact us via the info below:

613-526-2075 ext.260

a.othman@sdfsottawa.org

200-1729 BANK ST. OTTAWA, ON, K1V 7Z5

@SCFSOTTAWA

WWW.SCFSOTTAWA.ORG

WANAAG PROJECT

Strengthening Somali Youth Mental Health and Resilience Through a Cultural Lens



SUPPORTING YOURSELF WHILE CAREGIVING FOR A LOVED ONE WITH MENTAL HEALTH AND/OR SUBSTANCE USE HEALTH CHALLENGES

WAYS TO RECHARGE AND FIND SUPPORT FOR YOURSELF

ARE YOU A CAREGIVER?

ARE YOU EXPERIENCING A CRISIS NOW?

DO YOU WANT TO TAKE CRISIS TRAINING SO YOU CAN SUPPORT A LOVED ONE?

SUPPORTING A LOVED ONE WITH MENTAL HEALTH AND/OR SUBSTANCE USE HEALTH CHALLENGES

WHERE CAN YOU FIND HELP FOR A LOVED ONE IN OTTAWA?

The next ASC working group meeting will be announced in the new meeting schedule for 2026, coming soon!

Mental Health Awareness Working Group Update

The Mental Health Awareness (MHA) working group members promote mental health and wellbeing information and perform outreach and engagement activities with community members, the public and partners and stakeholders. Members of the working group include individuals from a variety of professional and personal backgrounds working together to promote Black mental health programs and services, and to reduce stigma and foster open dialogue about mental health with Black residents.

Community Engagement

Our first community engagement activity was Black Out Night on January 16th at the National Arts Centre. During Black History Month you can look for OBMHC volunteers and staff to be in the community at events around the city. Stop by the booth, and see how your programs and services are being promoted at these upcoming events:

- Black History Month Launch Event - Sunday, February 1, 2:00 - 5:00 PM
- Somerset West The Future is Now Event - Tuesday, February 3, 12:00 - 4:00 PM
- Ottawa Hospital Black History Marketplace - Friday, February 20, 11:30 - 2:30 PM

Black Mental Health Week Key Messages

This year, the theme for Black Mental Health Week is *Substance-use and Suicide: Breaking the Silence*. Our biggest aim this year is bring people together, reduce stigma around substance-use, open dialogue about suicide, and connect community members to the available supports.

In a [study led by Dr. Jude Cenat](#) at the University of Ottawa, findings showed that 14.8% of participants reported using any substance in the past 12 months. Men reported a significantly higher frequency of substance use than women. Everyday racial discrimination and place of birth were factors that impacted substance use.

According to data compiled by Ottawa Public Health:

- Suicide is the leading cause of death among youth and young adults (15–34) in Canada. In Ottawa, the highest number of suicides are in the 45–64 age group.
- One in four Ottawa residents (24%) wanted to talk to someone about their mental health and did not know who to reach out to for support.

OBMHC Calls to Action:

- **Learn more** about the impacts of substance-use and suicide in our communities. Often fear, stigma and shame prevent people from getting support.
- **Look for signs** of distress and symptoms of unwellness. There are trainings, information and professional support that can help caregivers understand what's happening and how to support their loved one. If your organization is interested in learning about how to become suicide-alert, please reach out to Ottawa Public Health at MentalHealthTeam@Ottawa.ca
- **Lean on supports** in the community. Leverage the OBMHC website, member organizations and local health and community services for peer support, counselling and preventative wellness supports. You can talk to a counsellor for free by booking online at www.counsellingconnect.org, or by calling one of two support lines in the city, [BRISC](#) or [Black Community Support Line](#).

The next MHA working group meeting will be announced in the new meeting schedule for 2026, coming soon!

Mental Health Supports Working Group Update

The Mental Health Supports working group operates to advance the work of member organizations and the initiatives of the Coalition. Members of the working group include individuals from a variety of professional and personal backgrounds working together to champion and impact change by delivering 1-1 or group mental health supports and programs to residents or clinical supervision to mental health practitioners.

Counselling Connect

The ACB Community Counselling portal received extended funding from the City of Ottawa until July 1, 2026. Jewish Family Services administers the service and confirmed that access via the CareDove platform will continue beyond 2026. We are currently looking for additional funding to expand the availability of appointments and languages offered on the portal. In 2025 we offered more than 300 hundred free mental health counselling appointments through our partners at Britannia Woods Community Services and Somerset West Community Health Centre. Special thanks to our clinical supervisors, Shannon Black and Papa-Ladjike Diouf who support the dedicated counsellors who staff the portal. **Congratulations on 5 years of service in the community!**

Learning Opportunities for the community and clinicians in 2026

As a component of Black Mental Health Week, OBMHC partners identified that connecting community members with additional training in suicide prevention, mental health first aid and stigma and substance-use should be a key component of the weeks' activities. OBMHC is proud to confirm that, in collaboration with training partners ,we will be announcing two training opportunities for the public in 2026. More details will be provided to members via email as it becomes available.

- [SMART Recovery](#) Training will be offered in French and facilitated by Olivier Engoute. You can connect with Olivier at BMHW when he joins us for a bilingual fireside chat.
- [Mental Health First Aid](#) Training will be offered for the public in French and facilitated by Jacklyn St. Laurent. We are planning to host this training in English in the fall.
- **Anti-Stigma Training** Clinical Director Papa Ladjiké Diouf and Shawn Fisk will co-present a special anti-stigma training course for our Community of Practice group during Black Mental Health Week. Special thanks to Shawn and the team at CAPSA for collaborating to bring this training to BMHW 2026!

Did you know?

OBMHC Community of Practice Consultants will be presenting at the upcoming [University of Ottawa's Black Mental Health Conference in May](#), hosted by Dr. Jude Cénat and the team at V-TRaC Lab. Join Shannon Black and Papa Ladjiké Diouf as they share the lessons learned through the Community of Practice initiative and how this professional network is supporting clinicians who provide care to Ottawa's Black residents. Watch this short clip to learn more about the Community of Practice.

The next MHS working group meeting will be announced in the new meeting schedule for 2026, coming soon!

Community Engagement

ACB YOUTH WELLNESS PROGRAMS

Supporting African, Caribbean, and Black Children and Youth in Ottawa

CULTURALLY RESPONSIVE, TRAUMA-INFORMED CARE

The ACB Wellness Program provides safe, understanding, and empowering support for African, Caribbean, and Black children and youth.

OUR SERVICES

Short-Term Counselling:
One-on-one sessions with a Social Worker (by appointment) 12-18 years

Wellness Drop-ins:
Connect with our Outreach Worker in a supportive space

Small Group Programs:
Group sessions led by our team in community settings

Wellness Presentations & Outreach:
Supporting wellness and resilience in our community

WHERE TO FIND US

ACB Wellness Resource Center
All SEOCHC sites
In communities

South-East Ottawa
Community Health Centre

Centre de santé communautaire
du sud-est d'Ottawa

WHO CAN ACCESS THIS PROGRAM

Ages: Children and Youth 6 -18 years old
Located: Ottawa
Identity: African, Caribbean, or Black

HOW TO REFER

Email- ACBMentalhealthseochc.on.ca
Phone-- +1 (613)-737-7195 ext. 1913



ACB Wellness Programs

For culturally safe wellness check-ins, drop-ins, and group supports for ACB children and youth ages 12-18. Contact **613-737-7195 ext. 1913** for more details.

Save the date: April 2, 2026 Bigger Picture Conference

The Bigger Picture Conference: Collective Action for Black Maternal Health is CWCLN's first national gathering — taking place in Ottawa and open to all who care about justice, healing, and change. Visit canadianwomenofcolour.ca for more details.

Parents of Suicidal Youth Virtual Support Group

This peer support group provides connections, tools, and support for parents and caregivers navigating the challenges of supporting suicidal youth and young adults to age 25.

8-week session, January 14-March 4, 2026 with an introductory evening on December 10

Wednesdays on Zoom, 7:00 – 8:30pm

Register at <https://pleo.on.ca/psy-support-group>



free | confidential | peer-facilitated

registration required

for parents and caregivers of suicidal youth and young adults to age 25

Parents of Suicidal Youth Virtual Support Group

8-week session, **January 14-March 4, 2026**
with an introductory evening on December 10
Wednesdays on Zoom, 7:00pm-8:30pm

Register at pleo.on.ca/psy-support-group

This peer support group provides connection, tools, and support for parents and caregivers navigating the challenges of supporting suicidal youth and young adults.

Offered by Pleo and The Robbie Dean Family Counselling Centre
Co-facilitated by a Peer Family Peer Supporter and an Addictions Counsellor from TRDFCC

Currently offered in English. If you would like to see this group offered in French, please contact: francophone@pleo.on.ca



RÉSERVEZ LA DATE



CONFÉRENCE LA GRANDE PERSPECTIVE

2 AVRIL 2026
9 H 30 (HE)

Inscrivez la date à votre agenda!
Plus d'informations à venir bientôt

canadianwomenofcolour.ca



Community Engagement

The poster for SAFIED 2026 features a large blue hexagonal logo with the text 'SAFIED 2026' and the subtitle 'Salon du Financement des Entrepreneurs issus de la Diversité'. To the left, a white box contains the event details: 'EY CENTER', 'Jeudi & Vendredi 5-6 MARS 2026', and 'À partir de 08:30 AM'. Below this, a red button says 'Pour Informations:' followed by the email 'info.cacia@cesoc.ca'. A QR code is labeled 'Inscription générale ici'. The background shows a collage of photos from previous events. At the bottom, logos for 'Propulsé par : CÉSOC, FCDÉE, CACIA, and Ontario' are displayed.

SAFIED - For Francophone Businesses - - March 5-6, 2026

The Salon du financement des entrepreneurs issus de la diversité (SAFIED) returns for its third edition on March 5 and 6, 2026, in Ottawa, with a renewed ambition: to accelerate access to financing and support the expansion of Francophone businesses owned by people from diverse backgrounds. Registration is now open for participants, exhibitors, partners, and sponsors. Register [here](#).

The poster for the Virtual Support Group features a teal background with a photo of a woman. Text includes 'free | confidential | peer-facilitated', 'just drop-in to join', and 'for family members and friends of loved ones struggling with addictions or addictive behaviours'. It promotes the 'French SMART Recovery Family and Friends Virtual Support Group' which meets 'Every other Monday on Zoom 6:30pm-8:00pm'. A Zoom link 'zoom.us/j/87601534643' is provided. Logos for 'pleo' and 'CAP' are shown. A QR code is also present.

Virtual Support Group from Pleo and Le CAP

A free drop-in virtual peer support group, offered in French for family members and friends (aged 18 or older) supporting a loved one struggling with addictions or addictive behaviors can connect. [Click](#) here for more information.

The poster for the Ottawa Black Creatives Hub Showcase features a black and white photo of a person performing. Text includes 'FEBRUARY 7TH 2026 AT 7PM', 'MUSIC, DANCE, POETRY, STORYTELLING, FILM +', 'THE SHENKMAN ARTS CENTRE', and 'A CELEBRATION OF BLACK ART, BLACK CREATIVITY AND BLACK EXCELLENCE IN THE CAPITAL'. It also says 'GET YOUR TICKETS AT HORSIPAIRSOCIAL.COM'. Logos for 'Ontario' and 'hops pair' are at the bottom.

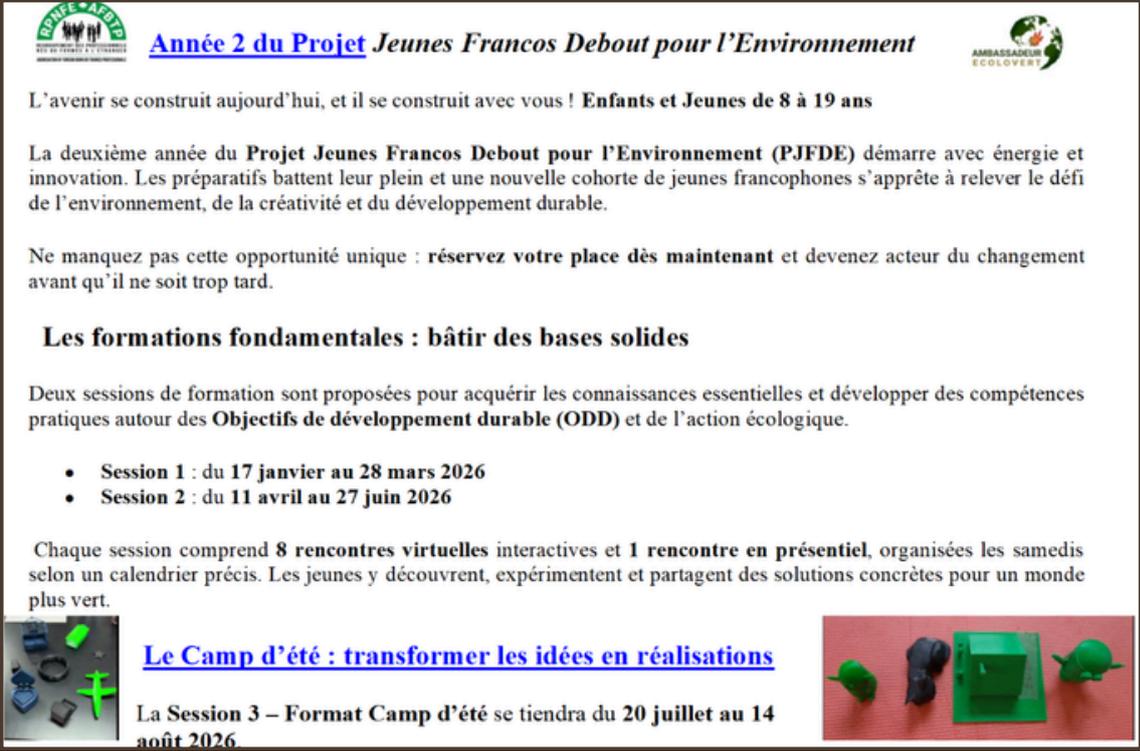
Ottawa Black Creatives Hub Showcase- February 7, 2026

Returning at the Shenkman Arts Centre, this showcase will celebrate emerging Black artists in Ottawa through music, dance, poetry, storytelling, and more. You can access event details [here](#).

Community Engagement

A Project for Youths for a solid foundation - FR only

This is a hands-on, in-person workshops for youths to become ambassadors for change and raise the voice of young French speakers. Among other, it will teach how to transform waste into resources through innovation and 3D printing. More information is available [here](#).



Année 2 du Projet Jeunes Francos Debout pour l'Environnement

L'avenir se construit aujourd'hui, et il se construit avec vous ! **Enfants et Jeunes de 8 à 19 ans**

La deuxième année du **Projet Jeunes Francos Debout pour l'Environnement (PJFDE)** démarre avec énergie et innovation. Les préparatifs battent leur plein et une nouvelle cohorte de jeunes francophones s'apprête à relever le défi de l'environnement, de la créativité et du développement durable.

Ne manquez pas cette opportunité unique : **réservez votre place dès maintenant** et devenez acteur du changement avant qu'il ne soit trop tard.

Les formations fondamentales : bâtir des bases solides

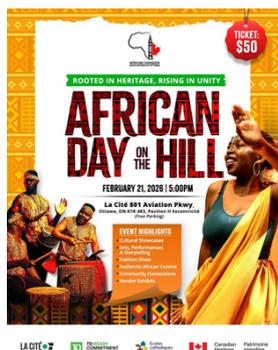
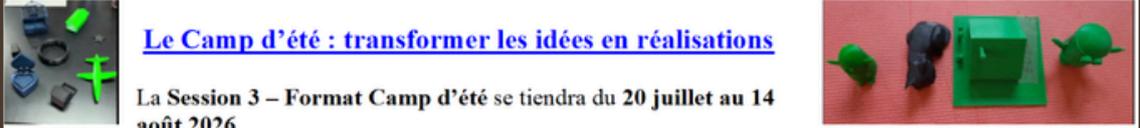
Deux sessions de formation sont proposées pour acquérir les connaissances essentielles et développer des compétences pratiques autour des **Objectifs de développement durable (ODD)** et de l'action écologique.

- **Session 1** : du 17 janvier au 28 mars 2026
- **Session 2** : du 11 avril au 27 juin 2026

Chaque session comprend **8 rencontres virtuelles** interactives et **1 rencontre en présentiel**, organisées les samedis selon un calendrier précis. Les jeunes y découvrent, expérimentent et partagent des solutions concrètes pour un monde plus vert.

Le Camp d'été : transformer les idées en réalisations

La Session 3 – Format Camp d'été se tiendra du **20 juillet au 14 août 2026**



African Day on the Hill - February 21, 2026

The theme for this year's event is: Building Bridges, Celebrating Cultures. It will be a night of vibrant performances, soul-stirring poetry, authentic African cuisine, and inspiring speeches from community leaders and elected officials. You can get your ticket [here](#).

Fundraiser for Mental Health - February 26, 2026

BATL for Mental Health is a United Way Fundraiser. This is a fun axe-throwing fundraiser that brings businesses and community-minded people together to support mental health, substance-use, and crisis-care services across our region. Register individually or as a team of 5.

Date: February 26, 2026

Time: 6:00–9:00 PM

Location: BATL Ottawa – 2615 Lancaster Rd

Registration [HERE](#)



Community Engagement

Mehari Centre - Current Program Offerings

Mehari Centre offers a various various programs, including a free weekly virtual tutoring session, monthly workshops, settlement services, and women;s circle and chidlren’s program. Between March-April, they will be holding a tax clinic to assist community members with their income taxes. Click [here](#) for more info.



Umoja Youth Summit - February 20, 2026

A landmark gathering on February 20, 2026 (10 AM – 2 PM) at the Mosaic Convention Center to empower through leadership, identity, and civic engagement. You can register for the summit [here](#).



100% Free Youth Soccer

A free Youth Soccer Program for children and youth in Ottawa. Click [here](#) for more information.



A National Training Opportunity for Black Health Equity - Apply by February 28th, 2026

From **May 19 to May 22, 2026**, the Interdisciplinary Centre for Black Health (ICBH) of the University of Ottawa will host its Summer School on Advancing Black Health Equity.

This program will include three days of academic sessions at the University of Ottawa, followed by a community-based field visit.

The Summer School is free of charge and open to Master’s and PhD students across Canada.

Applications should be sent to: ICBHCISN@uottawa.ca by February 28th, 2026

Resources

If you know of a resource and don't see it here, please let us know!
Contact us at ottawabmhcoalition@gmail.com



ACB Community Counselling Portal

Available in French and English, this portal is staffed by OBMHC partner organizations and supported by clinical supervisors with extensive experience supporting Black community members. Book an appointment online or by calling 2-1-1.

BOOK NOW

Sawubona Resources Caregivers Tool Kits

Sawubona Africentric Circle of Support is a non-profit organization that aims to EMPOWER Black caregivers of individuals with disabilities and their families. They have toolkits specifically for Black caregivers. Download their toolkits and tip sheets in English and French

LEARN MORE



ACB Mental Health and Substance Use Resource List

Ottawa Public Health and Somerset West CHC have updated the ACB Mental Health and Substance Use Resource List.

Download the PDF online:

[Mental Health, Addictions and Substance Use Health Services and Resources](#)

[Services et ressources de santé mentale, dépendances et de santé liée à l'utilisation de substances](#)



Crisis Support

- **Ottawa Rape Crisis Centre** offers a 24/7 crisis line for those seeking immediate emotional support. Reach out at 613-562-2333. Additionally, Chat & Text Support service is accessible every day from 12 pm to 12 am. Text 613-544-6424. Visit www.orcc.net for more information.
- **Nisa Helpline** – 1-866-315 NISA (1-866-315-6472) assisting Muslim Women by providing peer-to-peer counselling 12 hours per day, 7 days per week. nisahelpline.com
- **Naseeha Youth Helpline** – 1 (866) NASEEHA (627-3342) provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 3 – 9 pm, 7 days a week.

Resources

If you know of a resource and don't see it here, please let us know!
Contact us at ottawabmhcoalition@gmail.com



IWSO AFTER-HOURS INTAKE

CALL 343-961-6807 FOR CRISIS SUPPORT

Starting January 22 2025, clients and service providers can call the number listed above outside of standard office hours to get connected with an intake worker. The hours are as follows:

Wednesday-Friday: 5:00PM-8:00PM
Saturday: 9:00AM-2:00PM

Language interpreters will also be available for after-hours intake.

For more information please contact:
marieann@iwsoc.ca



Impact Report

The release of CWCLN's Black Maternal Health and Reproductive Justice Impact Report—held on International Day of Action for Women's Health—sparked engagement across Ottawa and beyond. Community members, partner organizations, and sector allies voiced support, highlighted systemic gaps, and affirmed the importance of Black-led leadership in maternal health advocacy.

[READ THE REPORT](#)

Mental Health Supports and Resources

- **Britannia Woods Support Line: Support Channel for Black Racialized Individuals** (CSIRN) - Phone: +1 613-596-3299 - CSIRN services are available Mondays and Thursdays (10 a.m. to 3 p.m.) - Language services are available in the following languages: English, French, Somali, Arabic, and Linagalu
- **Muslim Family Services Ottawa** offers culturally-appropriate and trauma-informed counseling and psychotherapy services for individuals, couples, children, youth, and families in English, French, Arabic, and other languages. Phone: (613) 562-2273

After Hours Intake

In an effort to address the gap in services after hours and increase the accessibility of services, Immigrant Women Services of Ottawa (IWSO) will be offering after hours intake and crisis intervention.

Service providers and clients will now be able to call **343-961-6807** after hours, Wednesday through Saturday, to speak with me and complete their intake.

You are also welcome to refer clients directly over email and staff will contact them to complete the intake.

Additionally, IWSO's language interpretation services are available after hours to support clients.

For more Info contact Marieann Thottungal at:
marieann@iwsoc.ca

Parents for Diversity Workshop Catalogue

Parents for Diversity is offering workshops that are customizable and currently available in English, Spanish, with select workshops in French. Formats include online, in-person, and hybrid delivery. Workshops are designed for groups of 15–50 participants. More information available [here](#).



Creative Corner

Dedicated this section to focus on the upcoming Black Mental Health Week in March 2025.



SPOTLIGHT ON N'NERJIE

OBMHC is excited to welcome N'nerjie as our featured artist in 2026. N'nerjie is a Black queer Ottawa-based singer-songwriter. She found refuge in music at an early age as a safe way to express her truths and make sense of the world around her. Aside from working on original music, she has been blessed to have done background vocals for Alessia Cara at the 2016 Much Music Video Awards, as well as for CTV'S The Launch. Using her raw, sultry vocals to project the deepest parts of her soul, she is a true storyteller that hopes to take listeners on their own journey of inner-standing and healing.



5 YEARS OF OTTAWA BLACK MENTAL HEALTH WEEK EVENTS

Through the week, we are inviting community members, service providers, clinical experts, researchers and residents to explore issues that significantly impact families. Our biggest aim this year is bring people together, reduce stigma around substance-use and suicide and connect community members to the available supports. For more information, visit www.bmhweek.com



Proud Members of the Ottawa Black Mental Health Coalition

